

# Clinical trial of an intervention to support medical doctors with occupational burnout

<b>Submission date</b> 24/09/2023	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 28/02/2024	<b>Overall study status</b> Completed	<input checked="" type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 14/11/2025	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input checked="" type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Occupational burnout and associated mental health symptoms are known to affect around 44% of UK doctors. Previous studies show that burnout has a negative impact upon psychological well-being and physical health, as well as being associated with poorer job performance. Burnout is also associated with poorer patient treatment outcomes. The purpose of this study is to assess the effects of a psychological intervention called Mind Management Skills for Life Programme on NHS Doctors' health and wellbeing.

### Who can participate?

Doctors working in the English National Health Service.

### What does the study involve?

Participating doctors will access an 8-session, internet-enabled, psychological intervention delivered by experienced facilitators using videocall software. Half of the consenting participants will access this intervention immediately, while the other half wait to access the intervention ten weeks later. Participants will complete online surveys at four time-points (baseline, after 10 weeks, after 20 weeks, after 6 months) including measures of occupational burnout, psychological wellbeing, and job satisfaction. We will compare mean levels of severity across all of these measures at multiple timepoints. We expect that there will be no differences between groups at baseline. After group 1 completes the intervention, we expect their measures will indicate better occupational health and wellbeing than group 2 (who did not yet receive the intervention). After group 2 completes the intervention, we expect to find no significant differences in outcome measures, nor do we expect to find significant differences between groups at 6 months' follow-up.

### What are the possible benefits and risks of participating?

We expect that participants will experience improvements in occupational burnout, wellbeing and job satisfaction. We do not foresee any risks or adverse effects, based on prior research examining the impact of this intervention.

Where is the study run from?

This study is led by the Psychological Health Observatory, part of the Grounded Research Team at Rotherham Doncaster and South Humber NHS Foundation Trust (UK)

When is the study starting and how long is it expected to run for?

September 2023 to September 2025

Who is funding the study?

The study has been partly funded by a grant from Health Education England, and partly supported by in-kind funding (specifically to cover the cost of intervention delivery) from Chimp Management Ltd. (UK)

Who is the main contact?

rdash.research-gov@nhs.net

## Contact information

### Type(s)

Principal investigator

### Contact name

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# Additional identifiers

## Clinical Trials Information System (CTIS)

Nil known

## Integrated Research Application System (IRAS)

326365

## Protocol serial number

CPMS 56864, IRAS 326365

# Study information

## Scientific Title

Pragmatic randomised controlled trial of an intervention to reduce burnout and improve well-being in NHS doctors

## Acronym

CPM Trial 2

## Study objectives

Exposure to the "Mind Management Skills for Life Programme" will be associated with significantly lower mean burnout severity by comparison to a waitlist (delayed intervention) control group.

## Ethics approval required

Ethics approval required

## Ethics approval(s)

approved 14/09/2023, South West - Frenchay Research Ethics Committee (Ground Floor, Temple Quay House, 2 The Square, Bristol, BS1 6PN, United Kingdom; +44 207 1048106; frenchay.rec@hra.nhs.uk), ref: 23/SW/0075

## Study design

Pragmatic delayed intervention randomized controlled trial

## Primary study design

Interventional

## Study type(s)

Treatment

## Health condition(s) or problem(s) studied

Occupational burnout

## Interventions

Consenting participants will be randomly assigned to one of two groups using an electronic random sequence generator. Participants allocated to group 1 will have immediate access to the Mind Management Skills for Life Programme, which is an eight-session, group-based psychological intervention delivered online (video conference) by trained mentors. The

intervention lasts for 10 weeks (4 weekly consecutive sessions, followed by a two-week break, followed by another 4 consecutive weekly sessions). Participants allocated to group 2 are part of a waitlist (no intervention) control group during the first 10 weeks of the study. After week 10, participants in group 2 access the same intervention that was completed by group 1. All study participants will be asked to complete online surveys including primary (occupational burnout) and secondary (job satisfaction, psychological well-being) at four time-points: [1] Baseline; [2] after 10 weeks; [3] after 20 weeks; [4] 6 months after the third measurement point.

### **Intervention Type**

Behavioural

### **Primary outcome(s)**

Occupational burnout, measured by the Oldenburg Burnout Inventory (OLBI), at baseline, 10 weeks, 20 weeks, and 6 months follow-up.

### **Key secondary outcome(s)**

1. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS), measured at baseline, 10 weeks, 20 weeks, and 6 months follow-up.
2. The Job Discrepancy and Satisfaction Scale (JDSS), measured at baseline, 10 weeks, 20 weeks, and 6 months follow-up.

### **Completion date**

25/09/2025

## **Eligibility**

### **Key inclusion criteria**

1. GMC registered doctors from any areas of specialty and NHS healthcare services.
2. Trainee doctors in medical school, who have already started clinical rotations.
3. Working either part-time or full-time in a clinical role.

### **Participant type(s)**

Health professional

### **Healthy volunteers allowed**

No

### **Age group**

Mixed

### **Lower age limit**

18 years

### **Upper age limit**

99 years

### **Sex**

All

### **Total final enrolment**

### **Key exclusion criteria**

1. Currently accessing or referred to any concurrent psychological intervention delivered by a mental health professional (this specifically refers to talking therapies for mental health problems).
2. Doctors that are currently not in active clinical service at the time of recruitment (e.g., on sick leave, maternity leave or suspended for any reason).
3. Doctors that work in a purely managerial, supervisory or educational role (e.g., not in clinical practice at the time of recruitment).
4. Medical students in the early phase of training, who are not yet in clinical practice.

### **Date of first enrolment**

26/09/2023

### **Date of final enrolment**

17/11/2023

## **Locations**

### **Countries of recruitment**

United Kingdom

England

### **Study participating centre**

**Rotherham Doncaster and South Humber NHS Foundation Trust**

Woodfield House

Tickhill Road

Doncaster

England

DN4 8QN

## **Sponsor information**

### **Organisation**

Rotherham Doncaster and South Humber NHS Foundation Trust

## **Funder(s)**

### **Funder type**

Government

**Funder Name**

Health Education England

**Funder Name**

Chimp Management Ltd.

## Results and Publications

**Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study will be available upon request from Dr Victoria Laker, victoria.laker@nhs.net.

**IPD sharing plan summary**

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol file</a>	version 8	19/04/2024	14/11/2025	No	No
<a href="#">Statistical Analysis Plan</a>			14/11/2025	No	No